

South Africa Today



Footprints
on Our Land

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Introduction

As homeschooling mothers/teachers, we have discovered that our children take great pleasure in creating something about what they are learning. We do a lot of literature-based learning in our homes, so for them it is special to have something tangible to show for their efforts.

We enjoy using a combination of 'living books' and appropriate reference books when learning about any topic. By reading carefully selected fiction, our children pick up a lot of 'general knowledge' on any given personality, event or era and we enjoy presenting that knowledge in various ways.

We mainly use narrations and notebooking pages to record our work, but to break the monotony we have created various other projects - posters, theme books and these project packs consisting of a collection of mini-booklets.

For free printable notebooking pages on South African themes, visit the Footprints On Our Land site at www.south-african-homeschool-curriculum.com.

Traditionally, school children create theme books about the various people groups of southern Africa, but we realized that for younger children, even with help and supervision, this can be quite an overwhelming task.

However, a mini-book project enables children to work with small bits of information at a time and this is not as overwhelming as having to write a project from scratch.

This project pack is aimed at children aged 7-11 and can be adapted for multiple age levels, commonly found in the homeschooling situation.

On many of the booklets or templates, children can choose to either write or draw the appropriate information, or in the case of younger children, they can dictate the text and a parent or older sibling can write it for them.

The benefits of using a file folder project pack

1. A file folder project will enable your children to work on and review key information about the topic being studied.
2. It will develop auditory and comprehension skills as well as the ability to search, sift and find answers in a written text.
3. The hands-on activities are fun and develop fine motor skills.
4. Children love to learn by doing!
5. The creative possibilities are endless. Children can be creative and add their unique touch to their projects.
6. File folder projects are ideal for multi-level learning.
7. Project packs can be incorporated into unit studies, supplement topics of study or stand alone.
8. A project gives the children a reason for writing and drawing.
9. File folder projects are compact, easy to store and retrieve again later.

10. A file folder project can become part of a child's portfolio of work and are a great tool for reviewing completed work.

Adapting a project

If the suggested activities are too difficult for your student, here are some ways to adapt them:

1. Let your child dictate the written answers to you.
2. Write words that your child can copy.
3. Allow your child to draw her narration.
4. Shorten the questions or requirements to suit your child.

Likewise, for more advanced students, you can adapt a project as follows:

1. Help them to research the topic further using the internet, library or other resources that you may have.
2. Let them write longer narrations. You could add a pocket or an extra flap to the folder and store additional work there.

Be creative

Use this file folder as the basic starting point of your project.

- If you study a topic in depth, you could add photos of crafts or hands-on projects that your students did, outings and field trips relating to the topic, photos of relevant places of interest or historical objects.
- Add brochures or souvenirs you may have from places you visited.
- Add book reviews of relevant books, fiction or reference that you have read about the topic.
- Add any drawings your student may have done.
- Decorate your file folder with glitter, gel pens, stickers, ribbons, embellishments, just about anything!
- If you find out that there is something extra that you wish to add to the file, then do it! Add another flap. Flaps can be hinged to the top edge or the bottom edge. Be creative here also!
- Feel free to rearrange the booklets if necessary.

You will need:

1. Two or more file folders per student
2. Safety scissors
3. Printing paper or card, preferably in different colours
4. Glue
5. Brads

6. Stapler
7. Sticky tape
8. Pencils

Recommended books and websites

The website links included are references that contain relevant information. However, the content may have changed or become a "dead" link. Please always review websites before using the internet with your children. If you find the site contains inappropriate material or is no longer a relevant site, please let us know. Thank you.

South Africa Today

The Republic of South Africa is home to over 60 million people. About 80% of the population are of Black African ancestry and they speak a variety of African languages. The remaining 20% is made up of a variety of people groups: White South Africans, Asian and Coloured people of multiracial ancestry.

South Africa as a Democracy

After the first non-racial or *democratic* elections on 27 April 1994, South Africa changed over from the system of apartheid to one of majority rule.

A *democracy* refers to a country that is ruled by a government which is elected and voted for by the people of that country in a free electoral system.

The African National Congress won the first elections by receiving the most votes and they won each election after that in 1999, 2004, 2009, 2014 and 2019. As you can see, national elections are held every 5 years.

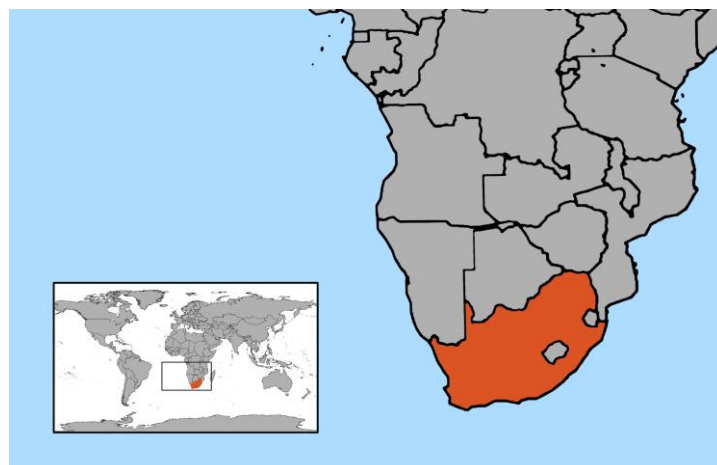
A president may only hold that position for two terms – that means two five-year periods. After that another presidential candidate must be nominated and elected in his or her place. Here is a list of the first five presidents of South Africa since it became a democracy.

1. Nelson Mandela (1994-1999)
2. Thabo Mbeki (1999 - 2008)
3. Motlanthe (2008-2009)
4. Jacob Zuma (2009-2018)
5. Cyril Ramaphosa (2018 -)

Geographic location

Situated at the southern tip of the continent of Africa, South Africa is flanked by the Indian Ocean on the east coast and the Atlantic Ocean on the west coast.

Neighbouring countries are Namibia, Botswana, and Zimbabwe to the north and to the east and northeast our neighbours are Mozambique and Eswatini (former Swaziland); South Africa also surrounds the landlocked country of Lesotho.



Languages

There are 11 official languages in South Africa. Zulu, Xhosa, Afrikaans, English, Pedi, Tswana, Southern Sotho, Tsonga, Swazi, Venda, and Southern Ndebele (in order of first language speakers). According to the 2011 census, the three most spoken first languages are Zulu (22.7%), Xhosa (16.0%), and Afrikaans (13.5%).

Although English is recognised as the language of business and science, it is only the fourth most common home language, that of only 9.6% of South Africans, (in 2011); It is the second most commonly spoken language outside of the household, after Zulu.

New Provinces

In 1994, at the time of the first democratic election the former black homelands were re-integrated into South Africa. At this time there were only 4 provinces. They were Cape, Orange Free State, Natal and Transvaal. With the integration of the homelands, the country was divided into 9 provinces.

The 9 provinces of South Africa are now: Limpopo, Mpumalanga, Gauteng, North West, Free State, Kwa-Zulu Natal, Northern Cape, Eastern Cape and Western Cape. Lesotho, which borders the Free State, KZN and the Eastern Cape, is an independent country.



Largest Cities in South Africa



Johannesburg cityscape

South Africa has three capital cities: executive Pretoria, judicial Bloemfontein and legislative Cape Town. The largest city is Johannesburg.

According to data obtained in 2016 and updated in 2018, the following are the largest cities and towns in South Africa

| Rank | Name | Province | Population |
|------|------------------|---------------|------------|
| 1 | Johannesburg | Gauteng | 9,167,045 |
| 2 | Cape Town | Western Cape | 4,004,793 |
| 3 | Durban | KwaZulu-Natal | 3,661,911 |
| 4 | Pretoria | Gauteng | 2,437,000 |
| 5 | Port Elizabeth | Eastern Cape | 1,263,051 |
| 6 | Vereeniging | Gauteng | 957,528 |
| 7 | Soshanguve | Gauteng | 841,000 |
| 8 | East London | Eastern Cape | 810,528 |
| 9 | Bloemfontein | Free State | 759,693 |
| 10 | Pietermaritzburg | KwaZulu-Natal | 679,766 |

Sports

The most popular sports in South Africa are soccer, rugby and cricket. Other popular sports are swimming, athletics, golf, boxing, tennis, ringball, and netball. Although soccer enjoys the greatest following among young people, other sports like basketball, surfing and skateboarding are increasingly popular.

Currency

The South African rand is the currency used in South Africa. It was introduced in 1961 when South Africa became a republic.

On 11 February 2012, President Jacob Zuma announced that the country would be issuing a new set of banknotes bearing Nelson Mandela's image. These notes are in denominations of 10-, 20-, 50-, 100- and 200-rand.

| Banknotes of the South African rand (2012 Sixth Issue "Nelson Mandela") | | | |
|--|----------------|----------------|---------------|
| Value | Front | Reverse | Colour |
| 10 rand | Nelson Mandela | Rhinoceros | Green |
| 20 rand | | Elephant | Brown |
| 50 rand | | Lion | Red |
| 100 rand | | Cape buffalo | Blue |
| 200 rand | | Leopard | Orange |

On 18 July 2018, a special commemorative series of banknotes was released in commemoration of the 100th anniversary of Nelson Mandela's birth. This series includes notes of all denominations, 10-, 20-, 50-, 100- and 200-rand. Instead of the Big Five animals on the reverse side, there are a selection of photos of Nelson Mandela on the reverse side. The notes have been nicknamed the "randela".

Did you know that In terms of section 14 of the South African Reserve Bank Act, only the South African Reserve Bank has the right to issue banknotes and coin in South Africa. Any reproduction of banknote images - even for artistic or advertising uses - is strictly forbidden.

The National Flag

"The national flag was designed by a former South African State Herald, Mr Fred Brownell, and was first used on 27 April 1994. The design and colours are a synopsis of principal elements of the country's flag history. Individual colours, or colour combinations have different meanings for different people and therefore no universal symbolism should be attached to any of the colours.

The central design of the flag, beginning at the flag post is a "V" form and flowing into a single horizontal band to the outer edge of the flag, this can be interpreted as the convergence of diverse elements within South African society, taking the road ahead in unity. The theme of convergence and unity ties in with the motto "Unity is Strength" from the previous South African Coat of Arms."



The Role of the Coat of Arms



"A national coat of arms, or State emblem, is the highest visual symbol of the State. Take a minute to consider the important events in a citizen's life - birth, marriage, death and school certificates, your passport - they are all endorsed by the Coat of Arms. Your smallest coin has it on one of its sides. When away from the country seeing a plaque of it on the embassy signals a home away from home.

The coat of arms is also a central part of the Great Seal, traditionally considered to be the highest emblem of the State. Absolute authority is given to every document with an impression of the Great Seal on it, as this means that it has been approved by the President of South Africa.

A new coat of arms replaces one that has served South Africa since 17 September 1910. The change reflects the government's aim to highlight the democratic change in South Africa and a new sense of patriotism."

National Anthem

Nkosi sikelel' iAfrika was written as a Xhosa hymn by Enoch Mankayi Sontonga in 1897. The African National Congress adopted it as its anthem in 1925.

Die Stem van Suid Afrika was written by C.J. Langenhoven in 1918 and set to music in 1921. It became the national anthem of South Africa in 1957. In 1994 as the South African government was transformed, it was decided that both anthems should be adopted by the 'Rainbow Nation'.

Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,
Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa South Afrika - South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom,
In South Africa our land.

You can hear the anthem sung on YouTube at these links. The first one is a traditional rendering of the song. The second has a more youthful touch!

1. <https://www.youtube.com/watch?v=Gpc-9bM1RG4>
2. <https://www.youtube.com/watch?v=xDfuxTs6XGk>

National Flower (King Proteas)

South Africa's national flower is the giant or king protea, which is widely distributed in the south-western and southern areas of the Western Cape, from the Cederberg up to just east of Grahamstown. Proteas are fynbos that are unique to Africa even though they are cultivated in different parts of the world. There are 117 different species of proteas of which 69 are in the fynbos area and the flower can grow to a diameter of 30 centimetres.



In 1976 South Africa took the king Protea as its national flower. The flower represents change and hope and it is less commonly known that the Protea flower is adapted to survive ravaging veld fires. It needs the heat and intensity of fire in order to sustain its species. It produces new growth after a fire and grows back even stronger. The Protea is also named after Proteus, the god in Greek mythology who was adaptable and could change into many forms and do what was needed to survive.

The South African cricket team are now known as the Proteas since 1991, before that, in the era of apartheid, we knew them as the Springbok national cricket team.

National Animal (Springbok)



The springbok was the national symbol of South Africa under apartheid and it is still the national animal of South Africa. During apartheid, it was adopted as the mascot by several South African sports teams, especially the national rugby team. With the end of apartheid, the ANC government declared that South African sports teams would be known as Proteas, named after the national flower. However, at the time, president Mandela allowed the national rugby team to maintain the name Springboks as a gesture of goodwill.

Springboks get their name from their signature *pronking* or leaping display and from the Afrikaans word *pronk*. The springbok stands 75cms tall and weighs about 40kg. They have adapted to dry, barren areas and open grass plains and are found mainly in the Free State, North West province and in the Karoo up to the west coast. Springboks move in small herds during winter, but often travel together as bigger herds in the summer. They breed throughout the year and their young are born after a six-month gestation period.



National Tree (Real Yellowwood)

The yellowwood species is widely spread throughout South Africa. These indigenous trees can be found from all the way from Table Mountain, along the southern and eastern Cape coast, in the Drakensberg and up to the Soutpansberg and the Blouberg in Limpopo.

When found in forests, these trees can grow up to 40 metres tall with the base of the trunk sometimes up to 3 metres in diameter. Trees that grow in isolation, in unprotected places like mountain-slopes are often short, bushy and gnarled. The bark of the real yellowwood is khaki-coloured to grey when it is old, deeply split and peels off in strips.



National Bird (Blue Crane)

This elegant blue crane stands about one metre tall, with a wingspan of 180-200 cm, and fully grown weighs between 3.6-6.2kg. As the name suggests, this bird is a light blue-grey colour. It has a long neck supporting a rather bulbous head, long legs and elegant wing plumes which sweep to the ground.

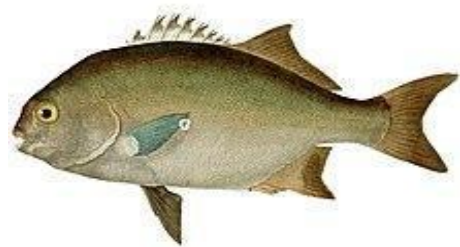


The blue crane eats seeds, insects and reptiles, and it is found almost exclusively in South Africa. Blue cranes lay their eggs in the bare veld, in the damp areas often close to water. They are quite common in the Karoo, but have also been seen in the grasslands of KwaZulu-Natal and the highveld. They are usually seen in pairs or small family parties.

The blue crane has a distinctive rattling croak, fairly high-pitched at call, which can be heard from miles away, but it usually has a rather quiet demeanor.

National Fish (Galjoen)

South Africa's national fish, the galjoen (also known as the black bream) is only found along the South African coast from Namibia in the west to Durban in the east. It keeps to mainly shallow water and is often found in the rough surf, sometimes right next to the shore. The galjoen is a familiar sight to every keen angler. The record size is over 55cm and 7kg, but the average size is much smaller. The galjoen's meals consist mainly of red bait, small mussels, and barnacles.



The Big Five

South Africa is known for its beautiful wildlife and many tourists visit South Africa to see them in our game reserves. Do you know which animals are Big 5 Animals? They are the lion, rhino, elephant, leopard and buffalo.



Elephants

Let's find out why they are called The Big 5? It is true, the elephant, the rhino and buffalo are physically big animals but interestingly that is not why they are called the Big 5! These five animals are so-called because, in the early days, they were very difficult to hunt. They all have exceptional traits and are very dangerous. Sadly, today, almost all five animals are on the vulnerable list of endangered species, and sadly, the rhino is endangered.

The Little Five

Did you know Africa also has a group of little five animals? The little five are much harder to spot when on a game viewing safari, so this makes seeing them a great challenge. The little five are the ant lion, buffalo weaver, elephant shrew, leopard tortoise, and rhinoceros beetle.

Famous South African People



Nelson Mandela

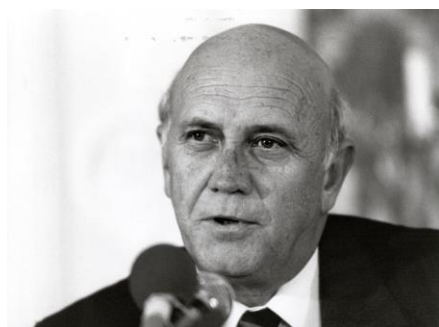
If you search the internet, you may find a list of famous South Africans that includes personalities who are famous for diverse reasons. Some were political leaders, some are sports stars, actors, fashion models or musicians. You could search for more information about South Africans who are famous in the sport of your choice or some special field of your interest. Below is a small selection that you should know about:

Nelson Mandela

Affectionately known as Madiba, Nelson Mandela is revered by many as the father of the nation. As a young man he was an anti-apartheid activist. After 27 years in jail, he became the country's first democratically elected president.

FW de Klerk

Frederik Willem de Klerk was prime minister of South Africa from 1989-1994. He is famous as the head of state who dismantled the apartheid system. Along with Nelson Mandela, he won the Nobel Peace Prize in 1993 for their work in ending apartheid.



FW de Klerk

Thuli Madonsela

Professor Madonsela was one of the drafters of the South African constitution and a champion of social justice, good governance and the rule of law. She was the Public Protector from 2009-2016 and boldly investigated the president, politicians and businessmen suspected of corruption to hold them accountable for their crimes.

Miriam Makeba

As one of the first African musicians to succeed internationally, Miriam is credited with popularising Afropop genres. She also advocated against apartheid and used her music to support anti-apartheid activism.

Chris Barnard

This doctor was born in a small town, Fort Beaufort and became famous for performing the first human heart transplant in 1967.

Nadine Gordimer

This bold political activist and writer wrote extensively on racial and moral issues in South Africa under apartheid. She was honoured with the 1991 Nobel Prize in Literature.

Steve Biko

This father of Black Consciousness was a civil rights activist remembered for his work against apartheid in South Africa. He was beaten to death in police custody.

Natalie du Toit

While South Africa has many sports stars and Olympic champions,



Natalie du Toit

Natalie stands out for exceptional resilience in the face of a debilitating accident. She became the first disabled athlete to qualify for the final of an able-bodied swimming event and she later won gold in the All-Africa Games competing against able-bodied swimmers. She was awarded the Laureus World Sportsperson of the Year award.

South African Foods

Here is an assortment of traditional South African foods for you to either buy or try making using a recipe from the internet.

Biltong - this dried meat snack is well-known around the world. Strips of meat are spiced and then hung to dry. *Droëwors* is dried sausage that is equally well-loved.

Potjiekos (pot food) is a casserole cooked in a three-legged pot over an open fire. There are many recipes to try.

Melktert (milk tart) is the South African equivalent of a custard tart. This cinnamon sprinkled treat could be served as a dessert or with tea or coffee.

Pap is a stiff cornmeal porridge that is not eaten at a *braai* (barbecue).

Boerewors is a spicy sausage that is usually cooked on an open *braai* fire.

Bobotie is a curried dish made with minced or shredded meat, fruit, and spices and served with yellow rice.

Samp and beans - Samp is simply corn kernels that have been dried and pounded before being chopped into large pieces. Samp and beans is a staple food for many South Africans and can be eaten alone or served with a meat dish.

Rooibos tea (pronounced *roy-boss*) means 'red bush' tea. It's a caffeine-free herbal drink that is made from the leaves of an indigenous plant that is unique to South Africa. The tea leaves or tea bags are steeped in boiling water and can be drunk black, with honey or with milk and sugar like any other tea. It can also be served chilled with slices of lemon as ice tea.

Take a photo of your food creations and add it to an empty spot in your file folder.

Photo credits

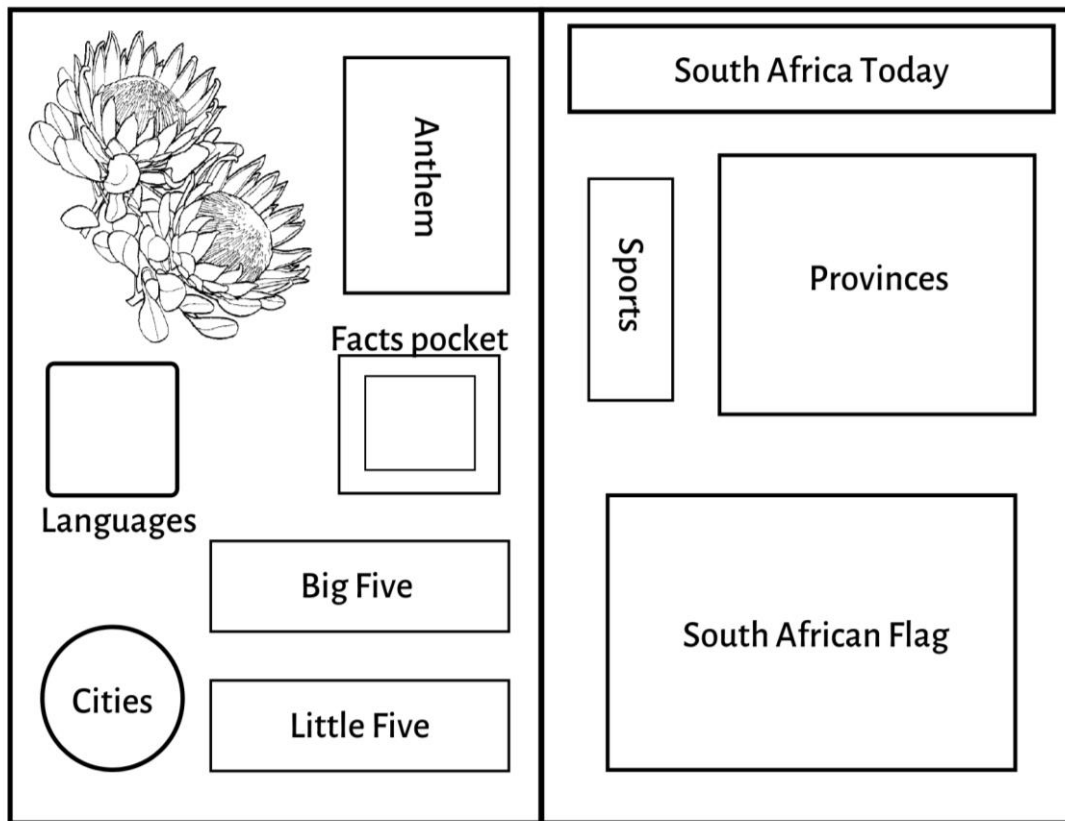
Nelson Mandela - Kingkongphoto & www.celebrity-photos.com

FW de Klerk - Walter Rutishauser

Natalie du Toit - Heath Campanaro

Instructions

Make your file folder



Make your mini-books

After carefully reading the information provided, complete the mini books using the facts you have learned.

1. Sports

Cut out the booklet and write about each of the 3 most popular sports in the sections. Fold as a concertina and glue the back of the cricket section to your folder.

2. Largest Cities

Cut out the circles and make a fan booklet by inserting a brad through all four pages as indicated on the cover page by the O. List in each circle, one of the three largest cities of South Africa.

3. Provinces

Cut out the map and title blocks. Colour in and stick the correct province names onto their locations.

4. National Anthem

Write out verses from the South African national anthem in the card-fold booklet.

5. Big Five & Little Five.

Cut out the big five & little five tables and pictures, glue the pictures on the appropriate places on the tables.

6. Official Languages

Write the names of the 11 official languages of South Africa




7. National Symbols Pocket

Print out these national symbol cards. Cut horizontally, fold back the name behind the picture. Fill in a few facts about each one inside the fold. Cut out the pocket on the next page, fold down the middle so it makes a card, Glue the back to your file. Glue the bottom and right side of the front to the back so it makes a pocket. Put your booklet cards about the national symbols in the pocket.

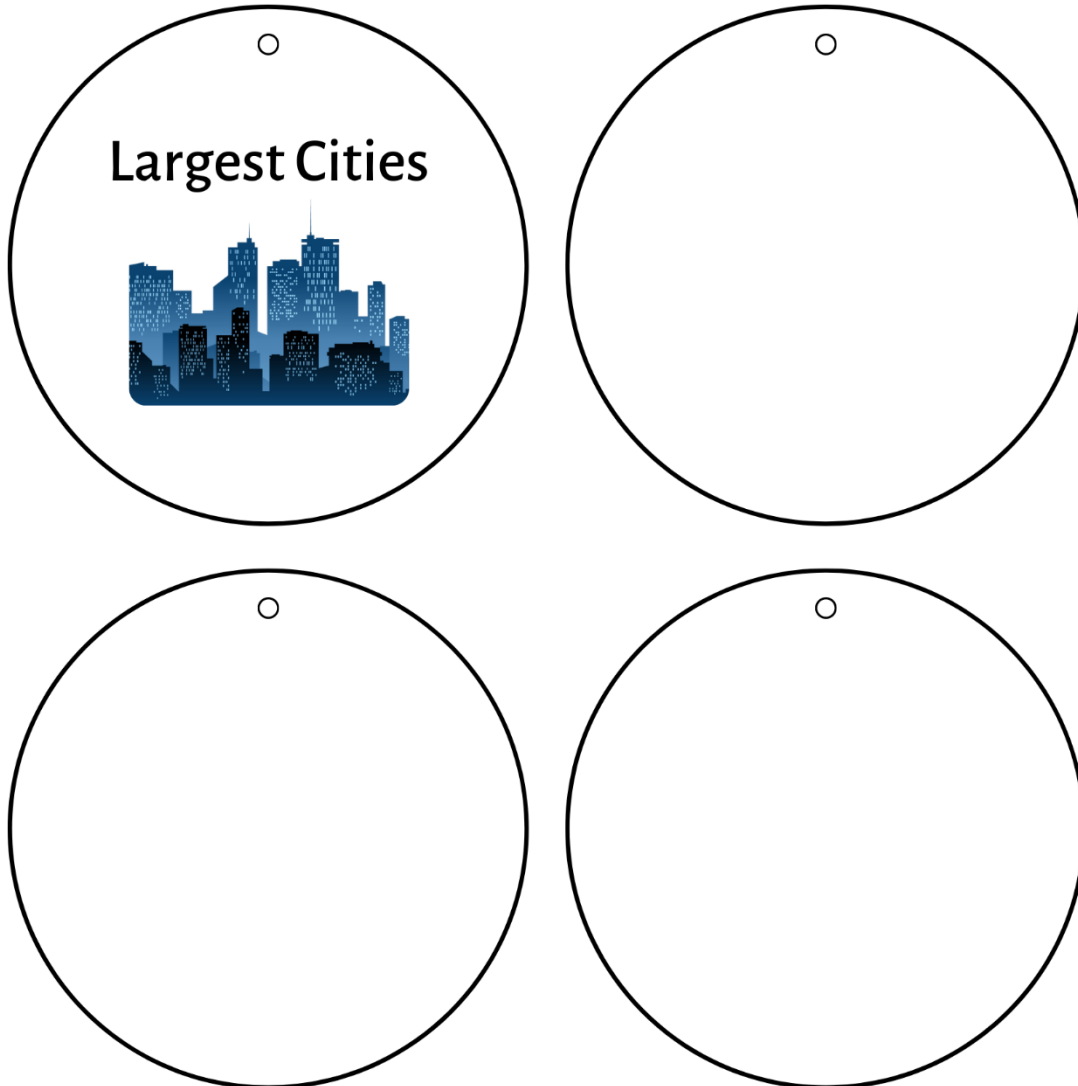
8. Famous South African People

Research a famous South African who interests you and write a short one page biography of their life and most notable achievements. Add photos if you like. Stick this on the back cover of your lapbook.

Cut out the booklet and write about each of the 3 most popular sports in the sections. Fold as a concertina and glue the back of the cricket section to your folder.

| | |
|---|---------------|
|  | Sports |
|  | |
|  | |
|  | |

Cut out the circles and make a fan booklet by inserting a brad through all four pages as indicated on the cover page by the O. List in each circle, one of the three largest cities of South Africa.



Cut out the map and title blocks. Colour in and stick the correct province names onto their locations.

Eastern Cape

North West

Limpopo

Northern Cape

Free State

KwaZulu-Natal

Western Cape

Gauteng

Mpumalanga



Write out verses from the South African national anthem in the card-fold booklet.



Cut out the big five & little five tables and pictures, glue the pictures on the appropriate places on the tables.

| Big Five | | | | |
|-----------------|----------------|-------------|-----------------|--------------|
| Buffalo | Leopard | Lion | Elephant | Rhino |



| Little Five | | | | |
|---------------------------|---------------------|-----------------------------|---------------------------|-------------------------|
| Buffalo Weaver | Ant Lion | Leopard Tortoise | Elephant Shrew | Rhino Beetle |



Write the names of the 11 official languages of South Africa.

Official Languages



Print out these national symbol cards. Cut horizontally, fold back the name behind the picture. Fill in a few facts about each one inside the fold. Cut out the pocket on the next page, fold down the middle so it makes a card, Glue the back to your file. Glue the bottom and right side of the front to the back so it makes a pocket. Put your booklet cards about the national symbols in the pocket.

| | |
|---|------------------------|
|  | Blue crane |
|  | Protea |
|  | Springbok |
|  | Real Yellowwood |
|  | Galjoen |

Glue this side



National Symbol Facts

South Africa Today

South Africa Today

Colouring in Page

Proteas



Colouring in Page

South African Flag

